

Monitoring System Status. Crew Rest

GMT	Crew	Activity / <i>ODF or R/G</i>
06:00–06:10		Morning inspection
06:10–06:40		Personal hygiene (post-sleep)
06:40–07:30		BREAKFAST
07:30–07:45	CDR	Private psychological conference
08:00–08:15		Daily planning conference (morning)
08:15–08:25	CDR	Inspection of ???-1 separator
08:25–09:05	CDR	Maintenance of ??? per MCC GO
09:00–11:00	FE-2	Weekly station cleanup
09:05–09:20	CDR	????? (Hurricane): Earth observations and photography / r/g 1126
09:20–11:20	CDR, FE-1	Weekly station cleanup / ??? ? ? ??.1, item 2.2.1, page 2-2
11:00–12:30	FE-2	Physical exercise (USOS plan)
11:30–12:30	FE-1	Physical exercise (USOS plan)
12:30–13:30		LUNCH
14:00–14:30		WEEKLY PLANNING CONFERENCE
15:30–16:30	FE-2	Physical exercise (USOS plan)
15:30–17:00	FE-1	Physical exercise (USOS plan)
16:00–17:00	CDR	Physical exercise (cycle-2)
17:00–18:00	CDR	Physical exercise (RED-2)
18:00–18:10	CDR	Charging camcorder battery / RODF ??? ??, page 2-2, item 2.2
18:44–19:02		ISS2/ISS3 crew conference via S-band
19:15–19:30		Daily planning conference (evening)
19:30–20:00		DINNER
20:00–20:30		Daily food ration prep
20:30–21:30		Personal hygiene (pre-sleep)
21:30–06:00		SLEEP

End of radiogram